

The Best Way to Cook a Trout.

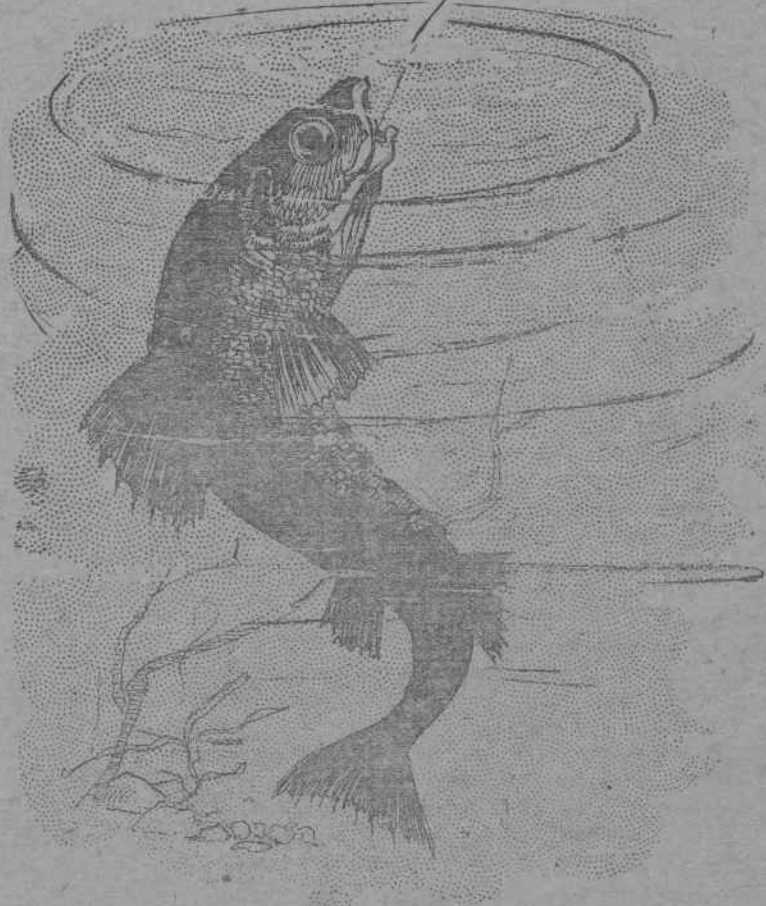
THE opening of the trout season on Thursday, April 1, was marked by the finest display of the speckled beauties ever seen in the New York market. Every fish dealer who had a place large enough gave a regular trout exhibition.

There are many ways of frying this delicious fish, but there is only one "best way," the sportsman's way, and here it is:

Fried Trout. First, remove the entrails. If the fish are small this is easily done by running the little finger under one of the gills into the belly and cleaning them with one jerk. If the trout is large, just split the belly and remove the entrails through the gash. Fry several pieces of salt pork till the fat is out of it and it is piping hot. Rinse the trout clean, dry them in a cloth, roll them over in flour, drop them into the hot fat and let them fry till they are brown and crisp. Then eat them. No sauce, no dressing. Hunger is the only sauce required.

The trout season lasts until the last of August, but trout are really good only through April. After May 1, if the weather is warm, brook trout, except in very cold sections, get soft and lack flavor. As most of the speckled trout sold in New York City are known as cultivated trout, bred and raised in the hatcheries of Long Island, they have very little of the flavor of the wild fish caught in the mountain brooks and streams. However, the cultivated trout is a fine fish, and with proper cooking is a delicious viand.

Foiled Trout. Large trout are the best for broiling. Select the largest you can find, and never serve it two on a platter at once. Fill a shallow saucepan nearly full of water, salt the water a little and make it slightly acid with vinegar. When the water boils, plunge the trout into it, and as soon as the water begins to bubble again move the pan where the water will just simmer, so as not to break the skin or flesh of the fish. In fifteen minutes lift the trout out of the water with a



skimmer; let the water all drain off. Then lay it on the platter, and surround with Hollandaise sauce. Two trout may be boiled at once, but do not try to boil more, as you will be sure to break them in lifting them out of the water.

Hollandaise Sauce. To make a Hollandaise sauce, put a gill of vinegar in a saucepan, stand it over a quick fire, add four pepper corns and let them boil in the vinegar five minutes. After the sauce has cooled skim out the pepper corns. When the vinegar is cool mix in it the well-beaten yolks of five eggs. Whip the yolks through the vinegar with a fork or a wire eggbeater. Then add five ounces of butter, a saltspoonful of salt, a dash of powdered mace, and set the saucepan over a slow fire. Stir the ingredients briskly till the butter is melted, then strain the sauce through a sieve into another saucepan and stand it where it will keep hot, but not boil. Stir it constantly till it thickens. Add little by little a quarter of a pound of butter, stirring it constantly. Then stand the saucepan into another pan of boiling water, and gradually add the juice of one lemon. Stir the sauce till it is quite thick and then serve.

Baked Trout. Select four or five large trout, wash and dry them for frying. Score them across the back three times and lay in the gashes thin strips of fat salt pork. Cover the bottom of a baking pan with thin slices of bread. Put a pat of butter on each slice of bread, then lay the trout on the bread. Sprinkle the trout well with salt and pepper. Then sift some fine bread crumbs over them. Pour a little melted butter over the fish. Stand the pan in a hot oven and bake the trout till they are quite brown.

The flavor of trout, as well as the quality of the flesh, is very delicate and unless perfectly fresh both flavor and texture are impaired. A rule in cooking trout which must be always kept in mind is that the more simply they are cooked the better they are. The adding of condiments, such as wine, spices, mushrooms, broths, or, indeed, any flavorings or seasonings, but salt and a very little pepper, absolutely destroys the natural flavor.

RULE DE RYTHER.



WALTER BESANT ON "BEGGING LETTERS."

I HAVE received two more begging letters, each one couched in terms more pathetic than its predecessors. One of them certainly would draw tears from a stone. I think it must have been with a begging letter that Moses smote the rock. The tale of woe is so piteous; the accumulation of misfortunes so terrible; let us draw the check—haste to the post office—alleviate this distress at once. Stay; we shall lose no time if first we send the letters to the Charity Organization Society. Alas! By return post we get the intelligence that, like the others which came before them, these, too, are written by professional begging letter writers. One of them has been in prison; the other has the rare gift of becoming in turns, or all at once—think of that!—father with afflicted wife and starving children; mother with afflicted father and helpless children; daughter with an aged mother to support, or woman with a bed-ridden sister on her hands. Perhaps, dear readers, you think that I make too much, and speak too often, of the begging letter writer; but one cannot speak too often of this scoundrel; this wretch who trades upon love and pity, and turns those tender passions into jealousy and suspicion. Ask yourself, the next time that one of these missives reaches you, why you are selected as a likely person to give money? Also, why you should give money to a stranger? If you will not send the letter to the C. O. S., send it to the parish clergy, who will probably know something about him. Find out, if you can, the true record of the creature; find out why his family do not help him; find out why he has not gone to the vicar; find out why he has not received assistance from some of the many institutions for the deserving and the unfortunate. In a word, since things are so bad with him, why he does not go into the refuge which you, as a rate payer, have provided for him. One would not, surely stem the flow of charity; but the help of the poor is not really a casual dole; it is advice, watching, assistance, sympathy—in a word, personal service is the only way of really helping the poor. There are times, it is true, of real suffering; of impending death; when to alleviate the misery even of a rogue—even, to go an extreme length, of a begging letter impostor—may be a real charity.

